



PACKET PICKUP AND PRE-RACE INFORMATION

Welcome to the Great American Triathlon, presented by Innovations Health ®. It's almost race day and we are excited that you will be joining us to "Run, Ride and Paddle" on Saturday, July 20th.

PACKET PICKUP, FRIDAY 7/19, 4-7pm: If you (or a friend) are picking up your packet in person, please join us at Packet Pickup on Friday, July 19th, from 4:00 pm - 7:00 pm at River Bend Park, 2300 Rod Beaudry Drive, Rancho Cordova. Be sure to grab safety pins for your bibs, and don't forget your shirt! Team packet contents must be picked up all at the same time. Volunteers will not open packets or distribute individual items to team members.

Event Committee members will be on hand to share maps, answer questions, and give valuable advice. Stop by the Information tent and say hello!

(If you paid for packet mailing, you should have already received your packet, and do not need to come to Packet Pickup. You are ready to compete!)

RACE DAY SCHEDULE, SATURDAY 7/20:

6:15 am - Start line area opens at William Pond Park, 5700 Arden Way. Participant and spectator parking is available here.

7:58 am – Adaptive participants only start

8:00 am – Run start

RACE DAY PARKING: Participant and Spectator parking is available at William Pond Park, 5700 Arden Way. Parking attendants will be on hand to get you parked. Spectators can walk over the Richey Bridge to River Bend Park for the finish line and post-race festivities. Parking is not available at River Bend Park until after 11:00 am, as the cycling section goes through River Bend Park.

HERE IS WHAT'S INCLUDED IN YOUR RACE PACKET:

RACE NUMBERS (“BIBS”):

TEAMS: Four bibs (three with detachable coupons for participants, one without coupons for watercraft) are provided. Tandem teams receive five bibs.

IRONPERSONS: Three race bibs (one with coupons for participant, two without coupons for watercraft and Personal Flotation Device) are provided.

NOTES: (A) Participant bib must be worn and visible during the race. (B) One bib (without coupons) must be taped to the left bow of the watercraft (front/left, if using a paddleboard) before it is taken to the launch area. (C) Safety pins and shirts are not included in your packet (unless your packet was mailed to you). You may pick up safety pins and shirts when you pick up your packet. Picking up for a team? Grab all team members shirts, and four pins per bib.

TIMING CHIP (“ANKLE BAND”): The timing chip is attached to a Velcro ankle band. **IRONPERSONS** must wear the ankle band during the entire race. **TEAMS** have only one ankle band for the entire race, handing it off to the next team member at the transition points (TANDEM TEAMS: only one participant in the watercraft will wear the ankle band, but both may cross the finish line). There will be timing mats just before the run-bike transition, just after the bicycle dismount, and at the finish line. Participants must cross the mats wearing the ankle band. Otherwise, no time will be recorded, and you will not receive credit for completing the race.

BIB COUPONS: Food, drink, beer, and parking coupons are attached to the bottom of your bib. The food, drink and beer coupons are redeemable in the post-race area at River Bend Park. The parking coupon may be used at William Pond Recreation Area (start), Sunrise Bridge (bike dismount) and Sacramento Bar (watercraft launch). **NOTE: Parking is not available at River Bend Park (finish) on race morning before 11:00am.**

BIKE CLAIM TICKET, FOR IRONPERSONS USING A CREW (FRIEND OR FAMILY MEMBER): A

numbered claim ticket is included in the IRONPERSON packet, to be used by your crew member picking up your bike at the bike-watercraft transition at Sunrise Bridge. We recommend asking a crew member to retrieve your bike so that you may stay and enjoy the post-race festivities. Bikes must be claimed before 2:00pm.

After 2:00pm, any unclaimed bikes will be transported to Capital Road Race Management (CRRM), 2533 R Street, in Sacramento. Bikes will not be available for pickup until noon on Tuesday, July 23rd. A \$30 holding fee will be charged for bikes held at CRRM. We strongly encourage all participants (or crew) to pick up their bikes before 2:00pm on race day to avoid paying this fee. Call 916-492-8966 to arrange for bike pickup at CRRM.

BIKE / HELMET NUMBERS: The double-sided bib (with center fold) must be attached to the bike frame. A small sticker is also provided for the front of the bike/watercraft helmet.

IMPORTANT EVENT INFORMATION:

PLAN ACCORDINGLY! BIKE AND WATERCRAFT AREAS ARE NOT NEAR THE START LINE.

Bikes must be dropped off at the run-to-bike exchange area near the Guy West bridge; watercraft must be dropped off at the Lower Sunrise bike-to-watercraft exchange area. Please review the maps on the event website.

E-BIKES ARE NOT ALLOWED: Racing on an electric bike (E-bike) is not allowed.

SHUTTLE: A shuttle will transport “first leg” TEAM participants from the Guy West Bridge (University Ave. side of bridge, near the street) to Wm Pond Rec Area (start) after the run portion, at 9:00am & 9:50am. A shuttle will depart from River Bend Park (finish) to Sunrise (bike-watercraft transition) at 12:30pm, for those who need to retrieve their bike.

BIKE TO WATERCRAFT EXCHANGE: Bike participants are to use caution in the approach to the bike dismount area, to ensure a safe exchange. Get off your bike before reaching the Sunrise bridge. Hand off your bike to a volunteer (they will move it away from the race path), then run to meet your teammate on the bridge for the ankle band exchange. **Only one person will be allowed to enter the bike holding area at the Sunrise bridge transition.** No crew assistance is allowed during the watercraft launch or in the finish area, except for the Adaptive Division athletes. For everyone's safety, please, no children in the exchange area.

WATERCRAFT PARTICIPANTS: All watercraft participants must wear shoes, a helmet, and a US Coast Guard-approved Personal Flotation Device (PFD). It is also recommended to mark your paddles with your name, bib number and/or phone number. Additionally, all watercraft participants must be able to self-rescue. Due to this year's water flows, and for your safety, please pay attention to any and all obstacles or debris in the river, stay in the main flow of the river and avoid paddling too close to the riverbanks.

FINISH LINE AREA: A series of buoys form a channel to the finish area. Stay to the LEFT of the buoys as you approach. Paddle your watercraft as close to the beach as possible, exit your watercraft, leave the paddle and watercraft with a volunteer, then proceed on foot to the finish line (watch out for other watercraft as you exit and run towards the finish line). There are two mats in the sand that are reading your timing chip. The first mat WILL NOT record your finish time, but merely provide information for the announcer. KEEP GOING! The second mat, under the finish arch, will record your finish time. **YOU MUST HAVE THE ANKLE BAND AROUND YOUR ANKLE TO RECORD YOUR TIME.** When you exit the finish area, a volunteer will collect your ankle band. Watercrafts will be moved downstream and placed on shore by volunteers. Please retrieve your watercraft as quickly as possible after finishing. Official timing of participants will stop **four hours** after the start of the race (approximately 12:00pm).

FINISHER MEDALS: Finisher medals will be handed out at the finish line. If you are participating as a team, the medals for the entire team will be given to the team member crossing the finish line.

AID STATION / DRINKING WATER: Water will be available at the following locations: public drinking fountains near the start line; staffed aid stations on the levee at 2.5 miles and 4.15 miles; near the run-bike transition area at the Guy West Bridge; in the Lower Sunrise parking lot near the bike dismount area; and at the finish. Please drink adequate amounts of water before, during, and after your event. You are encouraged to carry any additional nutrition (water, electrolytes) that you may need.

MEDICAL SUPPORT TEAM: The Medical Support Team will oversee the needs of participants along the course and will respond to medical emergencies. If you see an injured participant, report the location to a Medical Support Team volunteer or to a Communications Coordinator stationed along the course. If you sustain even a minor injury, please report to a Medical Support Team member along the course, or to First Aid Station staff. If anyone from the medical service personnel advises you to seek medical care at that time, or to be transported to a local emergency room, please cooperate with them. Your safety is their prime concern.

RACE HEADQUARTERS: Race Headquarters is located at River Bend Park (finish), at the Information tent in the post-race area. Staff will be on hand to answer pre-race questions during Packet Pickup. A Lost & Found/Gear Retrieval tent can also be found in the post-race area (bikes excluded – they will not be transported from the bike-to-watercraft transition area to the finish area. Bikes must be retrieved by 2pm from the bike-to-watercraft transition area).

RESULTS: Preliminary results will be viewable on computer kiosks in the post-race area at River Bend Park, and final results will be posted at greatamericantriathlon.com.

AWARDS CEREMONY & AWARD PICKUP: First place overall and age group IRONPERSONS and first place TEAMS will be recognized on stage during a brief ceremony at 11:15am. Additional awards will be available for pick up in the Awards tent in the post-race area.

SAFETY/SECURITY NOTE: Do not leave your bike or watercraft at the exchange areas overnight. There is no overnight security. The race is not responsible for lost or stolen items.